

Exercise /Yoga Instructor (Comstock Township)

Position Location: 6330 King Hwy, Kalamazoo, MI 49048

The Comstock Community Center is looking to contract with a skilled instructor in low impact exercise and yoga for our adult clients.

JOB TITLE - Group Exercise Instructor

INTRODUCTION - Sometimes previously known as Aerobics Instructors, group exercise is now widely varied and specialized.

MAIN FUNCTION - Group Exercise Instructor should provide our clients and members:

1. Provide a fun and safe workout through one or more specialty group exercise classes.
2. Greet, introduce and welcome participants.
3. Educate participants concerning safe exercise techniques and constantly monitoring safety.
4. Acquaint new participants with class procedures.
5. Deliver the class in a fun and interesting manner.
6. Monitor proper form and technique using positive reinforcement.
7. Promote classes and assist in promotions and events.
8. Stay after class to answer questions and interact.
9. Obtain substitutes as needed
10. Maintain a desire for continuing technical improvement.

REQUIREMENTS - The ability to teach and instruct and possess current knowledge and the necessary specialized skills. Instructor must enjoy training, motivating and communicating with people. Candidate should be able to fill in schedules at last minute.

EDUCATION AND TRAINING -- Preferred to have a nationally recognized certification such as ACE, AFAA, ACSM, NSCA, etc., OR a fitness related degree.

HOURS/DAYS - Tuesday and Thursday 1030am-1130am for Low Impact Exercise, and Fridays 930am - 1030am for Yoga. Contract Compensation: \$25 per hour

There is potential of additional locations being acquired from our current contractor.

TO APPLY: Mail your resume to Community Learning Center, ATTN: Human Resources, 1046 River Street, Kalamazoo, MI 49048 or Fax it to 269-492-0909 or email to HR@Comstockcc.com

Position is open until filled.